



Quinoa with black beans, avocado, roasted butternut squash, spinach, chipotle seitan crumbles with pine nuts.

3 servings. Ready in 45 min.

Ingredients

Chipotle style seitan, 12 ONZ (12.1 oz)
Quinoa, 1 cup (5.1 oz)
Vegetable Stock (Broth), 1.75 cup (14.7 oz)
Black Beans, Canned, 1 can (15.2 oz)
Avocado, 1.5 avocado (8.5 oz)
Squash, winter, butternut, raw, 0.75 lb (12.2 oz)
Extra Virgin Olive Oil, 4 tablespoon (2.1 oz)
Coarse kosher salt, 0.25 tsp (0 oz)
Black Pepper, 1 tsp, ground (0.1 oz)
Spinach, raw, 1 bunch (12.1 oz)
Nuts, pine nuts, dried, 0.5 cup (2.3 oz)
Parsley, 4 Tablespoon (0.6 oz)
Garlic Powder, 1 tsp (0.1 oz)
Onion, Fresh, 0.5 cup (2.8 oz)
Maitake Mushrooms, 2 cup diced (5 oz)

Instructions/Preparation

For the Quinoa

1. In a small pot add some olive oil and saute the onion. Lightly season with salt and pepper. Saute for 2-3 minutes and add the quinoa till coated. Add the vegetable stock, bring to a boil, reduce to a simmer till quinoa is cooked. Take off heat with lid on and let sit for 5-10 minutes.

For the squash

1. Cube the squash and put in a mixing bowl with olive oil, garlic powder, salt and pepper.

2. Place in a 400 degree oven till squash is fork tender. Add to a mixing bowl with rough chopped cleaned spinach.

For mushrooms

1. In a saute pan add olive oil and wait till hot. Add the mushrooms and lightly season with salt and pepper.

2. Cook till mushrooms are golden brown. Add the beans, chipotle seitan, parsley and pine nuts. Toss together and add to the mixing bowl.

3. Finally add the quinoa and toss all together and enjoy!!

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
Chipotle style seitan, 12 ONZ (12.1 oz)	169.5 kcal	30 g	2.5 g	9 g
Quinoa, 1 cup (5.1 oz)	174.2 kcal	6.7 g	2.9 g	30.4 g
Vegetable Stock (Broth), 1.75 cup (14.7 oz)	6.9 kcal	0 g	0 g	1.8 g
Black Beans, Canned, 1 can (15.2 oz)	129.2 kcal	8.6 g	0.4 g	23.5 g
Avocado, 1.5 avocado (8.5 oz)	126.4 kcal	1.6 g	11.6 g	6.7 g
Squash, winter, butternut, raw, 0.75 lb (12.2 oz)	51.1 kcal	1.1 g	0.1 g	13.3 g
Extra Virgin Olive Oil, 4 tablespoon (2.1 oz)	176.8 kcal	0 g	20 g	0 g
Coarse kosher salt, 0.25 tsp (0 oz)	0 kcal	0 g	0 g	0 g
Black Pepper, 1 tsp, ground (0.1 oz)	1.9 kcal	0.1 g	0 g	0.5 g
Spinach, raw, 1 bunch (12.1 oz)	26.1 kcal	3.2 g	0.4 g	4.1 g
Nuts, pine nuts, dried, 0.5 cup (2.3 oz)	145.8 kcal	3 g	14.8 g	2.8 g
Parsley, 4 Tablespoon (0.6 oz)	1.9 kcal	0.2 g	0 g	0.3 g
Garlic Powder, 1 tsp (0.1 oz)	3.4 kcal	0.2 g	0 g	0.8 g
Onion, Fresh, 0.5 cup (2.8 oz)	10.5 kcal	0.3 g	0 g	2.4 g
Maitake Mushrooms, 2 cup diced (5 oz)	14.5 kcal	0.9 g	0.1 g	3.3 g
TOTAL	1038.12 kcal	55.77 g	52.92 g	98.84 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Lactose	0.15 g	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	578.65 g	n/a	n/a	n/a
Sugars, total	9.92 g	n/a	n/a	n/a
Galactose	0.19 g	n/a	n/a	n/a
Fiber, total dietary	27.15 g	n/a	n/a	n/a
Calcium, Ca	269.83 mg	n/a	n/a	n/a
Iron, Fe	11.12 mg	n/a	n/a	n/a
Magnesium, Mg	360.42 mg	n/a	n/a	n/a
Phosphorus, P	679.03 mg	n/a	n/a	n/a
Potassium, K	2433.93 mg	n/a	n/a	n/a
Sodium, Na	1604.21 mg	n/a	n/a	n/a
Zinc, Zn	5.4 mg	n/a	n/a	n/a
Copper, Cu	1.37 mg	n/a	n/a	n/a
Manganese, Mn	4.74 mg	n/a	n/a	n/a
Selenium, Se	9.49 µg	n/a	n/a	n/a
Vitamin A, IU	23972.25 IU	n/a	n/a	n/a
Vitamin A, RAE	1164.23 µg	n/a	n/a	n/a
Carotene, beta	11501.28 µg	n/a	n/a	n/a
Carotene, alpha	965.64 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	12.56 mg	n/a	n/a	n/a
Vitamin D	524.07 IU	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	n/a	n/a	n/a	n/a
Vitamin D (D2 + D3)	13.11 µg	n/a	n/a	n/a
Lycopene	0.15 µg	n/a	n/a	n/a
Lutein + zeaxanthin	14418.71 µg	n/a	n/a	n/a
Vitamin C, total ascorbic acid	77.88 mg	n/a	n/a	n/a
Thiamin	0.79 mg	n/a	n/a	n/a
Riboflavin	3.22 mg	n/a	n/a	n/a
Niacin	57.3 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Pantothenic acid	2.51 mg	n/a	n/a	n/a
Vitamin B6	1.9 mg	n/a	n/a	n/a
Folate, total	519.08 µg	n/a	n/a	n/a
Vitamin B12	n/a	n/a	n/a	n/a
Choline, total	138.32 mg	n/a	n/a	n/a
Vitamin K (phylloquinone)	680.94 µg	n/a	n/a	n/a
Betaine	415.49 mg	n/a	n/a	n/a
Tryptophan	0.31 g	n/a	n/a	n/a
Threonine	0.89 g	n/a	n/a	n/a
Isoleucine	1.08 g	n/a	n/a	n/a
Leucine	1.83 g	n/a	n/a	n/a
Lysine	1.5 g	n/a	n/a	n/a
Methionine	0.43 g	n/a	n/a	n/a
Cystine	0.33 g	n/a	n/a	n/a
Phenylalanine	1.22 g	n/a	n/a	n/a
Tyrosine	0.69 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	n/a	n/a	n/a	n/a
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	6.68 g	n/a	n/a	n/a
Stigmasterol	1.58 mg	n/a	n/a	n/a
Campesterol	9.22 mg	n/a	n/a	n/a
Beta-sitosterol	88.64 mg	n/a	n/a	n/a
Fatty acids, total polyunsaturated	12.95 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	n/a	n/a	n/a	n/a
Fatty acids, total transpolyenoic	n/a	n/a	n/a	n/a
Net Carbs (carbs - fiber)	71.69 g	n/a	n/a	n/a

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Rows in **yellow** indicate micronutrients where the DRI % is below **50%**. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.



Caramelized onions with cabbage, fried eggs and parmesan cheese

1 serving. Ready in 15 min.

Ingredients

Onion, Fresh, 1 cup (5.6 oz)

Red Cabbage, 0.5 cups (1.6 oz)

Egg, whole, raw, fresh, 2 egg (3.1 oz)

Parmesan Cheese, 1 tablespoon (0.2 oz)

Parsley, 1 Tablespoon (0.1 oz)

Alessi, kosher sea salt, 1 tsp (0.2 oz)

Black Pepper, 1 tsp, ground (0.1 oz)

Butter, clarified butter (ghee), 4 Teaspoon (0.7 oz)

Instructions/Preparation

1. In a non stick saute pan add half the ghee till pan is hot and then add diced onions. Season with salt and pepper.
2. Cook on medium low heat till onions are brown and caramelized.
3. Add diced red cabbage and cook down for at least 5 minutes(The longer cabbage is cooked the better).
4. add parsley and plate
5. Add the rest of the ghee and crack eggs directly into the pan.
6. When eggs are cooked through flip the eggs and place on top of the cabbage and onion mix.
7. Sprinkle the parmesan cheese on top and enjoy!!

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
Onion, Fresh, 1 cup (5.6 oz)	62.8 kcal	1.7 g	0.2 g	14.7 g
Red Cabbage, 0.5 cups (1.6 oz)	14 kcal	0.6 g	0.1 g	3.3 g
Egg, whole, raw, fresh, 2 egg (3.1 oz)	123 kcal	10.8 g	8.2 g	0.6 g
Parmesan Cheese, 1 tablespoon (0.2 oz)	19.6 kcal	1.8 g	1.3 g	0.2 g
Parsley, 1 Tablespoon (0.1 oz)	1.4 kcal	0.1 g	0 g	0.3 g
Alessi, kosher sea salt, upc: 071072012178, 1 tsp (0.2 oz)	0 kcal	0 g	0 g	0 g
Black Pepper, 1 tsp, ground (0.1 oz)	5.8 kcal	0.2 g	0.1 g	1.5 g
Butter, clarified butter (ghee), 4 Teaspoon (0.7 oz)	180 kcal	0 g	20 g	0 g
TOTAL	406.54 kcal	15.32 g	29.8 g	20.48 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Lactose	n/a	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	251.43 g	n/a	n/a	n/a
Sugars, total	8.78 g	n/a	n/a	n/a
Galactose	n/a	n/a	n/a	n/a
Fiber, total dietary	4.33 g	n/a	n/a	n/a
Calcium, Ca	179.43 mg	n/a	n/a	n/a
Iron, Fe	2.71 mg	n/a	n/a	n/a
Magnesium, Mg	41.35 mg	n/a	n/a	n/a
Phosphorus, P	269.96 mg	n/a	n/a	n/a
Potassium, K	514.58 mg	n/a	n/a	n/a
Sodium, Na	2132.05 mg	n/a	n/a	n/a
Zinc, Zn	1.69 mg	n/a	n/a	n/a
Copper, Cu	0.17 mg	n/a	n/a	n/a
Manganese, Mn	0.63 mg	n/a	n/a	n/a
Selenium, Se	28.7 µg	n/a	n/a	n/a
Vitamin A, IU	2158.33 IU	n/a	n/a	n/a
Vitamin A, RAE	190.61 µg	n/a	n/a	n/a
Carotene, beta	515.66 µg	n/a	n/a	n/a
Carotene, alpha	0.28 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	1.04 mg	n/a	n/a	n/a
Vitamin D	71.47 IU	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	1.75 µg	n/a	n/a	n/a
Vitamin D (D2 + D3)	1.75 µg	n/a	n/a	n/a
Lycopene	9.46 µg	n/a	n/a	n/a
Lutein + zeaxanthin	819.79 µg	n/a	n/a	n/a
Vitamin C, total ascorbic acid	42.59 mg	n/a	n/a	n/a
Thiamin	0.13 mg	n/a	n/a	n/a
Riboflavin	0.48 mg	n/a	n/a	n/a
Niacin	0.52 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Pantothenic acid	1.65 mg	n/a	n/a	n/a
Vitamin B6	0.44 mg	n/a	n/a	n/a
Folate, total	85.17 µg	n/a	n/a	n/a
Vitamin B12	0.83 µg	n/a	n/a	n/a
Choline, total	271.49 mg	n/a	n/a	n/a
Vitamin K (phylloquinone)	87.54 µg	n/a	n/a	n/a
Betaine	0.67 mg	n/a	n/a	n/a
Tryptophan	0.19 g	n/a	n/a	n/a
Threonine	0.61 g	n/a	n/a	n/a
Isoleucine	0.72 g	n/a	n/a	n/a
Leucine	1.19 g	n/a	n/a	n/a
Lysine	1.05 g	n/a	n/a	n/a
Methionine	0.39 g	n/a	n/a	n/a
Cystine	0.26 g	n/a	n/a	n/a
Phenylalanine	0.76 g	n/a	n/a	n/a
Tyrosine	0.57 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	383.32 mg	n/a	n/a	n/a
Fatty acids, total trans	0.03 g	n/a	n/a	n/a
Fatty acids, total saturated	15.63 g	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Campesterol	n/a	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total polyunsaturated	2.56 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	0.02 g	n/a	n/a	n/a
Fatty acids, total transpolyenoic	0.01 g	n/a	n/a	n/a
Net Carbs (carbs - fiber)	16.15 g	n/a	n/a	n/a

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Citrus salad with avocado, tempeh, pistachios, goat cheese with champagne vinaigrette

3 servings. Ready in 15 min.

Ingredients

Crisps mandarin orange segment, 0.25 BAG (0.1 oz)
Tempeh, cooked, 300 grams (10.7 oz)
Asparagus, Fresh, 1 bunch (15.5 oz)
Radish, 1.5 cups (6.2 oz)
Pistachio, Nut, 1 cup (4.4 oz)
Goat Cheese, 1 Cup (4.5 oz)
Spinach, 1 bunch (12.1 oz)
Earthbound farm, organic red romaine leaves, 12 ONZ (12.1 oz)
Champagne vinaigrette dressing, 6 Tbsp (3.2 oz)
Coarse kosher salt, 0.5 tsp (0.1 oz)
Black Pepper, 0.5 tsp, ground (0 oz)
Avocado, 1.5 avocado (8.5 oz)

Instructions/Preparation

1. Rough chop the spinach and red romaine. Wash, rinse and dry and place in a mixing bowl.
2. Add the pistachios, goat cheese, salt and pepper.
3. Cut the asparagus on a thin bias. Bring a pot of water to a boil and add salt. Drop the cut asparagus into the pot and cook for one minute. Add to an ice bath, cool, strain and add to the mixing bowl along with the orange segments.
4. Thinly slice the radishes and add to the mixing bowl. Toss together with the salad dressing, plate and add the cooked tempeh and avocado on top and enjoy!!

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
Crisps mandarin orange segment, 0.25 BAG (0.1 oz)	3.2 kcal	0.1 g	0 g	0.8 g
Tempeh, cooked, 300 grams (10.7 oz)	195 kcal	19.9 g	11.4 g	7.6 g
Asparagus, Fresh, 1 bunch (15.5 oz)	28.9 kcal	3.2 g	0.2 g	5.6 g
Radish, 1.5 cups (6.2 oz)	9.3 kcal	0.4 g	0.1 g	2 g
Pistachio, Nut, 1 cup (4.4 oz)	229.6 kcal	8.3 g	18.6 g	11.1 g
Goat Cheese, 1 Cup (4.5 oz)	151.7 kcal	9 g	12.4 g	0.1 g
Spinach, 1 bunch (12.1 oz)	26.1 kcal	3.2 g	0.4 g	4.1 g
Earthbound farm, organic red romaine leaves, 12 ONZ (12.1 oz)	27.2 kcal	2.7 g	0 g	2.7 g
Champagne vinaigrette dressing, 6 Tbsp (3.2 oz)	159.9 kcal	0 g	15 g	5 g
Coarse kosher salt, 0.5 tsp (0.1 oz)	0 kcal	0 g	0 g	0 g
Black Pepper, 0.5 tsp, ground (0 oz)	1 kcal	0 g	0 g	0.2 g
Avocado, 1.5 avocado (8.5 oz)	126.4 kcal	1.6 g	11.6 g	6.7 g
TOTAL	958.11 kcal	48.35 g	69.66 g	45.9 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Lactose	n/a	n/a	n/a	n/a
Maltose	0.07 g	n/a	n/a	n/a
Water	431.61 g	n/a	n/a	n/a
Sugars, total	13.82 g	n/a	n/a	n/a
Galactose	0.19 g	n/a	n/a	n/a
Fiber, total dietary	18.05 g	n/a	n/a	n/a
Calcium, Ca	490.67 mg	n/a	n/a	n/a
Iron, Fe	12.68 mg	n/a	n/a	n/a
Magnesium, Mg	277.8 mg	n/a	n/a	n/a
Phosphorus, P	794.02 mg	n/a	n/a	n/a
Potassium, K	2614.35 mg	n/a	n/a	n/a
Sodium, Na	793.46 mg	n/a	n/a	n/a
Zinc, Zn	4.8 mg	n/a	n/a	n/a
Copper, Cu	1.92 mg	n/a	n/a	n/a
Manganese, Mn	3.27 mg	n/a	n/a	n/a
Selenium, Se	9.59 µg	n/a	n/a	n/a
Vitamin A, IU	13686.08 IU	n/a	n/a	n/a
Vitamin A, RAE	772.26 µg	n/a	n/a	n/a
Carotene, beta	7233.81 µg	n/a	n/a	n/a
Carotene, alpha	36.1 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	6.85 mg	n/a	n/a	n/a
Vitamin D	9.17 IU	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	0.21 µg	n/a	n/a	n/a
Vitamin D (D2 + D3)	0.21 µg	n/a	n/a	n/a
Lycopene	0.08 µg	n/a	n/a	n/a
Lutein + zeaxanthin	16261.03 µg	n/a	n/a	n/a
Vitamin C, total ascorbic acid	72.97 mg	n/a	n/a	n/a
Thiamin	0.8 mg	n/a	n/a	n/a
Riboflavin	1.25 mg	n/a	n/a	n/a
Niacin	6.9 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Pantothenic acid	2.42 mg	n/a	n/a	n/a
Vitamin B6	1.52 mg	n/a	n/a	n/a
Folate, total	416.22 µg	n/a	n/a	n/a
Vitamin B12	0.23 µg	n/a	n/a	n/a
Choline, total	66.41 mg	n/a	n/a	n/a
Vitamin K (phylloquinone)	626.34 µg	n/a	n/a	n/a
Betaine	117.79 mg	n/a	n/a	n/a
Tryptophan	0.31 g	n/a	n/a	n/a
Threonine	0.94 g	n/a	n/a	n/a
Isoleucine	1.1 g	n/a	n/a	n/a
Leucine	2 g	n/a	n/a	n/a
Lysine	1.58 g	n/a	n/a	n/a
Methionine	0.53 g	n/a	n/a	n/a
Cystine	0.27 g	n/a	n/a	n/a
Phenylalanine	1.16 g	n/a	n/a	n/a
Tyrosine	0.81 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	32.92 mg	n/a	n/a	n/a
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	16.76 g	n/a	n/a	n/a
Stigmasterol	3.63 mg	n/a	n/a	n/a
Campesterol	8.05 mg	n/a	n/a	n/a
Beta-sitosterol	141.22 mg	n/a	n/a	n/a
Fatty acids, total polyunsaturated	10.55 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	n/a	n/a	n/a	n/a
Fatty acids, total transpolyenoic	n/a	n/a	n/a	n/a
Net Carbs (carbs - fiber)	27.85 g	n/a	n/a	n/a

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Garlic Yam Mash with mushrooms, kimchi, swiss chard and chorizo seitan crumbles

3 servings. Ready in 30 min.

Ingredients

Yam, 1.5 lbs (23.7 oz)
Cabbage, kimchi, 2 cup (10.7 oz)
King oyster mushroom, 2 JAR | ((12.1 oz)
Swiss Chard, 3 bunch (31.6 oz)
Chorizo seitan in crumbles, 12 ONZ (12.2 oz)
Onion, Fresh, 1 cup (5.6 oz)
Garlic, 4 tablespoon (1.1 oz)
Olive Oil, 4 tablespoon (2.1 oz)
Coarse kosher salt, 2 tsp (0.3 oz)
Black Pepper, 1 tsp, ground (0.1 oz)
Turmeric, 1 tsp (0.1 oz)
Parsley, 4 Tablespoon (0.6 oz)
Lemon Juice, 1 lemon yields (1.7 oz)

Instructions/Preparation

For the Yam

1. Peel and rough chop yams. Put them in a pot with water and some salt and bring to a boil. once tender strain and add the yams back into the pot to steam.
2. With a spatula smash the yams together and season with salt, pepper, turmeric, parsley, 3 tbsp of garlic, and 1 tbsp olive oil.

For the Chard

1. Bring a pot of water to a boil and add some salt.
2. Add the chard, cook for 2 minutes and place into an ice bath. Once cooled squeeze out the excess water and rough chop.

Final cooking and set up

1. In a large saute pan add the olive oil, then add the chopped onions. Lightly season with salt and pepper. On medium low heat cook the onions down till they are caramelized.
2. Add the king trumpet mushrooms and cook for another 5-7 minutes. Add the chard, garlic, kimchi and chorizo seitan. Saute for another few minutes, finally add the lemon juice and enjoy!!

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
Yam, 1.5 lbs (23.7 oz)	261.4 kcal	3.4 g	0.4 g	61.8 g
Cabbage, kimchi, 2 cup (10.7 oz)	15 kcal	1.1 g	0.5 g	2.4 g
King oyster mushroom, 2 JAR) ((12.1 oz)	54.4 kcal	4 g	0 g	1.3 g
Swiss Chard, 3 bunch (31.6 oz)	56.1 kcal	5.3 g	0.6 g	11 g
Chorizo seitan in crumbles, 12 ONZ (12.2 oz)	199.5 kcal	30 g	3 g	14 g
Onion, Fresh, 1 cup (5.6 oz)	20.9 kcal	0.6 g	0.1 g	4.9 g
Garlic, 4 tablespoon (1.1 oz)	15.9 kcal	0.7 g	0.1 g	3.5 g
Olive Oil, 4 tablespoon (2.1 oz)	176.8 kcal	0 g	20 g	0 g
Coarse kosher salt, 2 tsp (0.3 oz)	0 kcal	0 g	0 g	0 g
Black Pepper, 1 tsp, ground (0.1 oz)	1.9 kcal	0.1 g	0 g	0.5 g
Turmeric, 1 tsp (0.1 oz)	2.1 kcal	0.1 g	0 g	0.4 g
Parsley, 4 Tablespoon (0.6 oz)	1.9 kcal	0.2 g	0 g	0.3 g
Lemon Juice, 1 lemon yields (1.7 oz)	3.5 kcal	0.1 g	0 g	1.1 g
TOTAL	809.39 kcal	45.42 g	24.7 g	101.31 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Lactose	n/a	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	594.32 g	n/a	n/a	n/a
Sugars, total	9.55 g	n/a	n/a	n/a
Galactose	n/a	n/a	n/a	n/a
Fiber, total dietary	18.44 g	n/a	n/a	n/a
Calcium, Ca	265.49 mg	n/a	n/a	n/a
Iron, Fe	10.19 mg	n/a	n/a	n/a
Magnesium, Mg	313.69 mg	n/a	n/a	n/a
Phosphorus, P	320.6 mg	n/a	n/a	n/a
Potassium, K	3265.95 mg	n/a	n/a	n/a
Sodium, Na	3241.83 mg	n/a	n/a	n/a
Zinc, Zn	2.13 mg	n/a	n/a	n/a
Copper, Cu	1.03 mg	n/a	n/a	n/a
Manganese, Mn	2.45 mg	n/a	n/a	n/a
Selenium, Se	6.58 µg	n/a	n/a	n/a
Vitamin A, IU	18897.31 IU	n/a	n/a	n/a
Vitamin A, RAE	945.87 µg	n/a	n/a	n/a
Carotene, beta	11270.64 µg	n/a	n/a	n/a
Carotene, alpha	133.84 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	9.45 mg	n/a	n/a	n/a
Vitamin D	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	n/a	n/a	n/a	n/a
Vitamin D (D2 + D3)	n/a	n/a	n/a	n/a
Lycopene	0.15 µg	n/a	n/a	n/a
Lutein + zeaxanthin	32805.27 µg	n/a	n/a	n/a
Vitamin C, total ascorbic acid	151.63 mg	n/a	n/a	n/a
Thiamin	0.42 mg	n/a	n/a	n/a
Riboflavin	0.58 mg	n/a	n/a	n/a
Niacin	3.74 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Pantothenic acid	1.38 mg	n/a	n/a	n/a
Vitamin B6	1.37 mg	n/a	n/a	n/a
Folate, total	166.08 µg	n/a	n/a	n/a
Vitamin B12	n/a	n/a	n/a	n/a
Choline, total	112.79 mg	n/a	n/a	n/a
Vitamin K (phylloquinone)	2598.44 µg	n/a	n/a	n/a
Betaine	1.09 mg	n/a	n/a	n/a
Tryptophan	0.09 g	n/a	n/a	n/a
Threonine	0.4 g	n/a	n/a	n/a
Isoleucine	0.59 g	n/a	n/a	n/a
Leucine	0.67 g	n/a	n/a	n/a
Lysine	0.49 g	n/a	n/a	n/a
Methionine	0.11 g	n/a	n/a	n/a
Cystine	0.05 g	n/a	n/a	n/a
Phenylalanine	0.53 g	n/a	n/a	n/a
Tyrosine	0.12 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	n/a	n/a	n/a	n/a
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	3.07 g	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Campesterol	n/a	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total polyunsaturated	2.78 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	n/a	n/a	n/a	n/a
Fatty acids, total transpolyenoic	n/a	n/a	n/a	n/a
Net Carbs (carbs - fiber)	82.87 g	n/a	n/a	n/a

* The tolerable upper level for Magnesium represents intake from a pharmacologic agent only and does not include intake from food and water.

Rows in **yellow** indicate micronutrients where the DRI % is below **50%**. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.



Roasted Curry Cauliflower, caramelized fennel with sultanas

3 servings. Ready in 35 min.

Ingredients

Cauliflower, 1 head (20.6 oz)
Fennel, 1 bulb (8.4 oz)
Garlic, 4 garlic clove (0.6 oz)
Onion, Fresh, 1 onion (3.9 oz)
Sultana raisins, 0.25 cup (1.4 oz)
Parsley, 3 Tablespoon (0.4 oz)
Alessi, kosher sea salt, 2 tsp (0.3 oz)
Black Pepper, 1 tsp, ground (0.1 oz)
Lemon Juice, 1 lemon yields (1.7 oz)
Curry Powder, 2 tablespoon (0.5 oz)
Olive Oil, 4 tablespoon (2.1 oz)

Instructions/Preparation

For Cauliflower

1. Preheat oven to 350 degrees
2. Cut cauliflower into 1/2 inch florets, in a bowl season with salt, pepper, curry powder and 2 cloves of garlic and 2 tbsp olive oil, Toss and place on a baking sheet.
3. Place in oven and bake till fork tender.
4. Place in bowl and toss in sultanas with 2 tbsp chopped parsley.

For Fennel

1. Slice fennel and onions into slices.
2. In a saute pan add the rest of the olive oil and add the fennel slices.
3. Lightly season with salt and pepper and cook for 12-15 minutes till fennel is brown and caramelized.
4. Add onions halfway through cooking the fennel.
5. At the end deglaze with lemon juice and the rest of the parsley. Enjoy!!

Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
Cauliflower, 1 head (20.6 oz)	48 kcal	3.7 g	0.5 g	9.5 g
Fennel, 1 bulb (8.4 oz)	24.2 kcal	1 g	0.2 g	5.7 g
Garlic, 4 garlic clove (0.6 oz)	7.9 kcal	0.3 g	0 g	1.8 g
Onion, Fresh, 1 onion (3.9 oz)	14.4 kcal	0.4 g	0 g	3.4 g
Sultana raisins, 0.25 cup (1.4 oz)	43.3 kcal	0.3 g	0 g	10.3 g
Parsley, 3 Tablespoon (0.4 oz)	1.4 kcal	0.1 g	0 g	0.3 g
Alessi, kosher sea salt, 2 tsp (0.3 oz)	0 kcal	0 g	0 g	0 g
Black Pepper, 1 tsp, ground (0.1 oz)	1.9 kcal	0.1 g	0 g	0.5 g
Lemon Juice, 1 lemon yields (1.7 oz)	3.5 kcal	0.1 g	0 g	1.1 g
Curry Powder, 2 tablespoon (0.5 oz)	15.2 kcal	0.7 g	0.7 g	2.6 g
Olive Oil, 4 tablespoon (2.1 oz)	176.8 kcal	0 g	20 g	0 g
TOTAL	336.71 kcal	6.65 g	21.5 g	35.15 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Lactose	n/a	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	301.13 g	n/a	n/a	n/a
Sugars, total	12.22 g	n/a	n/a	n/a
Galactose	0.01 g	n/a	n/a	n/a
Fiber, total dietary	10.17 g	n/a	n/a	n/a
Calcium, Ca	139.64 mg	n/a	n/a	n/a
Iron, Fe	3.24 mg	n/a	n/a	n/a
Magnesium, Mg	63.16 mg	n/a	n/a	n/a
Phosphorus, P	164.02 mg	n/a	n/a	n/a
Potassium, K	1074.58 mg	n/a	n/a	n/a
Sodium, Na	1385.89 mg	n/a	n/a	n/a
Zinc, Zn	1.08 mg	n/a	n/a	n/a
Copper, Cu	0.23 mg	n/a	n/a	n/a
Manganese, Mn	1.08 mg	n/a	n/a	n/a
Selenium, Se	4.57 µg	n/a	n/a	n/a
Vitamin A, IU	1095.34 IU	n/a	n/a	n/a
Vitamin A, RAE	54.53 µg	n/a	n/a	n/a
Carotene, beta	656.68 µg	n/a	n/a	n/a
Carotene, alpha	0.09 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	4.72 mg	n/a	n/a	n/a
Vitamin D	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	n/a	n/a	n/a	n/a
Vitamin D (D2 + D3)	n/a	n/a	n/a	n/a
Lycopene	0.15 µg	n/a	n/a	n/a
Lutein + zeaxanthin	705.99 µg	n/a	n/a	n/a
Vitamin C, total ascorbic acid	117.78 mg	n/a	n/a	n/a
Thiamin	0.14 mg	n/a	n/a	n/a
Riboflavin	0.17 mg	n/a	n/a	n/a
Niacin	1.78 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Pantothenic acid	1.63 mg	n/a	n/a	n/a
Vitamin B6	0.52 mg	n/a	n/a	n/a
Folate, total	149.52 µg	n/a	n/a	n/a
Vitamin B12	n/a	n/a	n/a	n/a
Choline, total	103.26 mg	n/a	n/a	n/a
Vitamin K (phylloquinone)	162.53 µg	n/a	n/a	n/a
Betaine	1.47 mg	n/a	n/a	n/a
Tryptophan	0.06 g	n/a	n/a	n/a
Threonine	0.19 g	n/a	n/a	n/a
Isoleucine	0.19 g	n/a	n/a	n/a
Leucine	0.28 g	n/a	n/a	n/a
Lysine	0.49 g	n/a	n/a	n/a
Methionine	0.06 g	n/a	n/a	n/a
Cystine	0.05 g	n/a	n/a	n/a
Phenylalanine	0.18 g	n/a	n/a	n/a
Tyrosine	0.13 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	n/a	n/a	n/a	n/a
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	3.2 g	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Campesterol	n/a	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total polyunsaturated	2.47 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	n/a	n/a	n/a	n/a
Fatty acids, total transpolyenoic	n/a	n/a	n/a	n/a
Net Carbs (carbs - fiber)	24.98 g	n/a	n/a	n/a

* The tolerable upper level for Magnesium represents intake from a pharmacologic agent only and does not include intake from food and water.

Rows in **yellow** indicate micronutrients where the DRI % is below **50%**. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.